

LOW CALORIE RECIPES — FAMILY STYLE



about LOW CALORIE RECIPES...

Dieting can be expensive, not to mention miserable, when you have to eat special foods and watch your family tuck into their hearty meal. This problem is solved with these recipes designed for the whole family to enjoy. Low in calories, they are tops in flavor.

Ellen Sinclair

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COUNTING CALORIES

During the day, list everything you eat and its calorie value. Don't cheat — list everything; the sweet biscuit with morning tea — which hardly seems worth mentioning — will add about 50 calories to your daily intake.

A weight reduction diet provides around 1200 to 1500 calories daily; this can vary slightly according to age, physical build, physical activity. A sensible diet, which will safeguard health as well as achieve the desired loss of weight, can be planned within this calorie range.

A calorie is a unit by which the fuel, or energy value of foods is measured. Metric conversion replaces the calorie with the metric unit of energy, the kilojoule. If you want to convert calories to kilojoules, multiply the number of calories by 4.186, then round the answer appropriately to give the corresponding number of kilojoules.

Photography by Garry Isaacs

CUTLETS NICOISE



8 small lamb cutlets
4 medium tomatoes
2 cloves garlic
1 onion

1 teaspoon basil
1 tablespoon tomato paste
4 black or green olives
chopped parsley

Grill cutlets 5 minutes each side. Combine peeled and chopped tomatoes, crushed garlic, peeled and chopped onion and basil in pan. Simmer gently, uncovered, 10 minutes. Add tomato paste, stir until combined. Add cutlets, cover, simmer gently 25 minutes.

Place cutlets on serving plates, spoon over tomato sauce. Sprinkle with chopped parsley, garnish with olives.

Serves 4.

Calories per serve: about 180.

CURRIED CAULIFLOWER

1 small cauliflower
1 onion
½ teaspoon butter

2 teaspoons curry powder
1 teaspoon turmeric
1 medium tomato

Separate cauliflower into small flowerets. Place in boiling salted water, cook 5 to 10 minutes until tender, but still firm. Drain, set aside.

Peel and chop onion, cook in melted butter until tender. Stir in curry powder, cook further few minutes. Add turmeric and peeled and chopped tomato, cook further 5 minutes. Add cauliflower, reheat gently.

Serves 4.

Calories per serve: about 55.

BREAKFAST HEALTH DRINK



BREAKFAST HEALTH DRINK

$\frac{2}{3}$ cup orange juice

2 tablespoons lemon juice

1 tablespoon wheatgerm

2 teaspoons honey

1 egg

3 ice cubes

Place all ingredients in screwtop jar. Secure lid, shake vigorously until well blended.

Serves 2.

Calories per serve: about 220.

VEGETABLE TOMATO JUICE

1 stick celery

1 carrot

3 sprigs parsley

2 cups tomato juice

1 tablespoon lemon juice

1 teaspoon worcestershire
sauce

$\frac{1}{2}$ teaspoon salt

Chop vegetables roughly; combine in blender with remaining ingredients. Blend on high speed 30 seconds. Pour into glasses, garnish with lemon slices.

Serves 4.

Calories per serve: about 25.

SALMON & CABBAGE ROLLS



SALMON AND CABBAGE ROLLS

8 whole cabbage leaves
470 g (15 oz.) can salmon
1 stick celery
1 carrot
3 shallots
½ red pepper
1 teaspoon curry powder
2 teaspoons vinegar
salt, pepper

470 g (15 oz.) can tomato juice
1 tablespoon cornflour
1 teaspoon worcestershire sauce
1 teaspoon soy sauce
1 cm (½ in.) piece green ginger

Put cabbage leaves in large saucepan of boiling, salted water, cook 2 minutes; drain. Put drained, flaked salmon, finely-chopped celery, chopped shallots, peeled and grated carrot, finely chopped pepper, curry powder and vinegar into bowl; season with salt and pepper. Divide salmon mixture evenly between cabbage leaves, roll up cabbage leaves, folding in sides. Pack tightly into oven-proof dish.

Combine tomato juice, cornflour, worcestershire sauce, soy sauce and grated green ginger in bowl, pour over cabbage rolls. Cover, bake in moderate oven 45 minutes.

Serves 4.

Calories per serve: about 240.

SALMON ROLL-UPS

250 g (8 oz.) can salmon
1 tablespoon chopped parsley
2 teaspoons mayonnaise

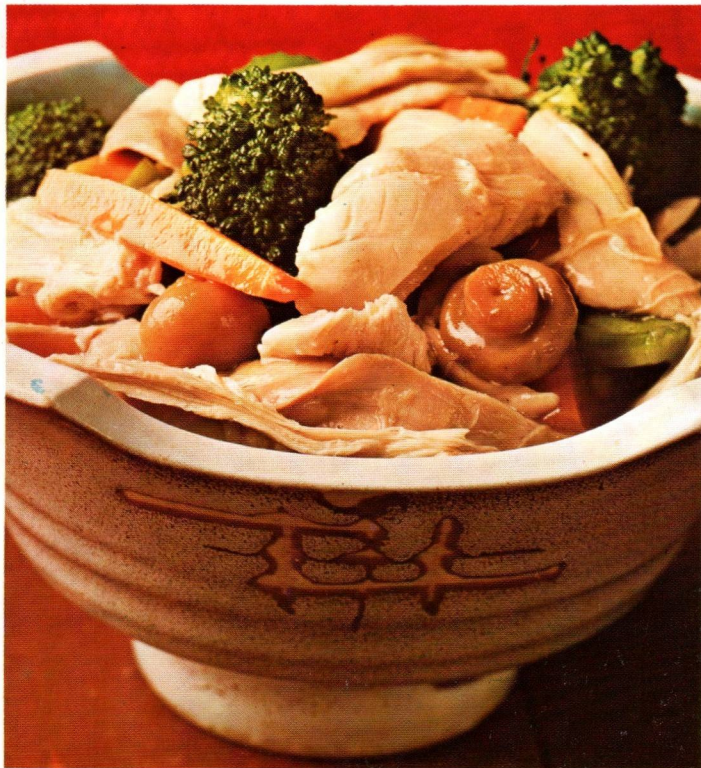
2 shallots or spring onions
salt, pepper
lettuce leaves

Combine drained salmon, chopped parsley, mayonnaise, chopped shallots, salt and pepper. Divide mixture evenly into 6 crisp lettuce leaves. If lettuce leaves are small it may be necessary to use 2 or 3 to hold filling securely in each roll. Roll up.

Makes 6.

Calories per serve: about 65.

CHINESE CHICKEN WITH VEGETABLES



CHINESE CHICKEN WITH VEGETABLES

1 kg (2 lb.) chicken pieces
3½ cups water
salt, pepper
1 small onion
1 bayleaf
2 medium carrots
2 medium turnips
2 sticks celery

315 g (10 oz.) packet frozen
broccoli
220 g (7 oz.) can
champignons
2 teaspoons butter
1 tablespoon white wine
1 teaspoon cornflour
2 teaspoons water, extra

Put chicken pieces, water, salt, pepper, peeled and quartered onion and bayleaf in saucepan; cover, bring to boil, reduce heat, simmer 1 hour or until chicken is tender. Remove chicken, onion and bayleaf from stock; reserve stock. Peel carrots, slice into thick sticks, peel and dice turnips; put into boiling stock. Cover, simmer 20 minutes or until vegetables are just tender; remove from stock. Add broccoli to boiling stock, simmer, uncovered, 5 minutes or until broccoli is tender; drain, reserve stock.

Heat butter in pan, add sliced celery and drained champignons, saute 3 minutes. Add carrots, turnips, diced chicken, white wine, 1 cup reserved chicken stock and ½ teaspoon salt. Bring to boil, reduce heat, simmer 3 minutes.

Combine cornflour and extra water, add to chicken, stir until liquid boils and thickens; simmer, uncovered, 2 minutes. Add broccoli and heat through.

Serves 4.

Calories per serve: about 300.

PASSIONFRUIT FLUFF



1 packet diabetic lemon jelly
crystals
1 cup boiling water

2 passionfruit
2 tablespoons evaporated
milk

Dissolve jelly crystals in boiling water, stir in passionfruit pulp. Refrigerate until jelly is partially set, then add chilled evaporated milk. Beat until mixture is thick and lighter in color. Pour into serving dish or individual glasses. Refrigerate until set.

Serves 2.

Calories per serve: about 60.

ORANGE-GLAZED PEARS

(shown on Divider Card)

4 fresh pears
1 cup fresh orange juice

2 tablespoons diabetic
apricot jam

Peel pears, leaving stalks intact. Combine orange juice and jam in saucepan, heat until boiling, stirring constantly. Place pears upright in saucepan; cook, covered, over low heat 15 minutes or until pears are tender; spoon syrup over pears occasionally while cooking.

Arrange pears on serving dish, spoon glaze over. Serve warm or cold.

Serves 4.

Calories per serve: about 130.

SPINACH OMELET



1 tablespoon flour
 $\frac{3}{4}$ cup milk

4 eggs, separated
 $\frac{1}{4}$ teaspoon salt

Blend flour and milk until smooth, stir over low heat until slightly thickened, about 3 minutes. Remove from heat, cool a little. Add beaten egg-yolks gradually, stirring constantly. Fold in stiffly-beaten egg-whites and salt. Pour into greased large frying pan, allow to set over low heat 3 to 4 minutes. Place under hot griller to brown top.

Lift cooked omelet on to serving dish, spread over hot filling. Fold omelet in half. Serve immediately.
If desired, 2 individual omelets can be made.

FILLING

315 g (10 oz.) packet frozen
spinach
1 tablespoon grated cheese

1 teaspoon lemon juice
pinch nutmeg

Allow spinach to thaw. Combine all ingredients in saucepan. Heat gently.

Serves 2.

Calories per serve: about 285.

LOW CALORIE SUKIYAKI



LOW CALORIE SUKIYAKI

750 g (1½ lb.) rump or round
steak
1 tablespoon soy sauce
½ cup dry sherry
½ cup water
1 beef stock cube
125 g (4 oz.) mushrooms

440 g (14 oz.) can bean
sprouts
2 sticks celery
1 small bunch spinach
4 shallots
125 g (4 oz.) can bamboo
shoots
salt, pepper

Remove any excess fat from meat, slice steak wafer-thin. Heat soy sauce, sherry, water and crumbled stock cube in large frying pan or electric fry-pan.

Add sliced mushrooms, cover, cook 2 minutes; push aside, add drained bean sprouts, sliced celery, roughly-chopped spinach and sliced shallots. Cook until spinach is wilted, turning vegetables so they cook evenly. Add drained, halved bamboo shoots, heat through. Add meat to pan, cook a few minutes until tender. Season with salt and pepper.

Serves 6.

Calories per serve: about 250.

SAVORY VEAL CURRY



SAVORY VEAL CURRY

1 kg (2 lb.) veal steak

1½ tablespoons flour

1 teaspoon salt

3 teaspoons curry powder

30 g (1 oz.) butter

2 onions

2 green apples

1 clove garlic

1 tablespoon brown sugar

1 tablespoon raisins

1 teaspoon worcestershire
sauce

1 cup water

Trim any fat from veal, cut veal into 2.5 cm (1 in.) cubes. Combine flour, salt and curry powder; use to coat veal on all sides.

Heat butter in saucepan, add veal and sliced onions; brown well. Stir in any remaining flour mixture, the peeled, cored and sliced apples, crushed garlic, brown sugar, chopped raisins, worcestershire sauce and water. Simmer, covered, 45 minutes or until veal is tender. Serve spooned over hot rice.

Serves 6.

Calories per serve: about 335. Add extra 100 calories for each ½ cup cooked rice.

JELLIED CHICKEN LOAF**JELLIED CHICKEN LOAF**

1.5 kg (3 lb.) chicken
 3 cups cold water
 3 small carrots
 3 sticks celery
 salt·pepper

1 bayleaf
 1 onion
 2 tablespoons chopped
 parsley
 1 tablespoon gelatine

Joint the chicken, peel and chop carrot and onion, slice celery. Place all ingredients except gelatine into large saucepan, cover and simmer gently until chicken is cooked, 30 to 40 minutes. Remove from heat, drain, reserve stock. Remove chicken meat from bones, cut into small cubes.

Arrange a quarter of the cooked vegetables decoratively on base of greased 20 cm x 10 cm (8 in. x 4 in.) loaf tin. Place chopped chicken on top with remaining cooked vegetables which have been finely chopped. Soften gelatine in a little cold water, then dissolve in 2 cups of the hot, strained chicken stock. Gently pour gelatine mixture over chicken and vegetables, refrigerate until set.

Unmould on to a bed of shredded lettuce, serve with salad.

Serves 4.

Calories per serve: about 375.

VEAL PARMESAN



500 g (1 lb.) lean veal
30 g (1 oz.) butter
1 clove garlic

$\frac{1}{3}$ cup grated parmesan
cheese
3 teaspoons paprika
salt, pepper

Cut veal into four slices, pound veal slices until very thin; coat with combined cheese, paprika, salt and pepper, pat on to firm. Heat butter in pan, add crushed garlic, cook slowly 5 minutes. Add veal steaks, cook 5 minutes each side or until tender.

Serves 4. Calories per serve: about 288.

LAMB SHANKS CASSEROLE

4 lamb shanks
1 tablespoon butter
2 onions
2 sticks celery
1 carrot
 $\frac{1}{2}$ cup dry white wine

$\frac{1}{2}$ cup tomato juice
1 teaspoon paprika
1 teaspoon ground ginger
salt, pepper
1 cup water
1 chicken stock cube

Remove all fat from lamb shanks. Melt butter in pan, brown shanks well on all sides; place in casserole dish. Add peeled and sliced onions to pan, saute until transparent. Pour off any excess fat; add white wine, tomato juice, paprika, ginger, salt, pepper, water and crumbled stock cube. Cook, stirring a few minutes, then pour over lamb shanks in casserole.

Cover, bake in slow oven 2 hours. Cool, refrigerate overnight. You will then be able to remove all fat which will settle on the top. Reheat gently, add peeled and sliced carrots and sliced celery. Cook, covered, in moderate oven, further 1 hour or until tender.

Serves 4. Calories per serve: about 200.

CHICKEN IN RED WINE



CHICKEN IN RED WINE

4 chicken legs (or chicken pieces)

2 teaspoons salt

1 tablespoon paprika

¼ teaspoon thyme

1 bayleaf

¾ cup dry red wine

1 cup water

salt, pepper

½ cup tomato juice

chopped parsley

Mix salt and paprika, rub well into chicken pieces. Place under griller, cook until brown on both sides. Remove from griller, place in ovenproof dish. Add thyme, bayleaf, wine and water. Cook, covered, in moderate oven 1 hour or until chicken is tender.

Place chicken on serving dish, keep warm. Pour juices into small saucepan, add tomato juice, salt and pepper; heat gently, pour some of the sauce over chicken. Garnish with chopped parsley.

Serves 4.

Calories per serve: about 275.

PRAWN OMELET



PRAWN OMELET

8 eggs
500 g (1 lb.) prawns
6 shallots or spring onions
2 sticks celery
60 g (2 oz.) mushrooms

250 g (8 oz.) can bean
sprouts
salt, pepper
1 tablespoon oil

Wash and chop mushrooms, cook in 1 teaspoon of the hot oil until tender; drain. Chop shallots and celery finely. Shell, devein and chop prawns.

Beat eggs lightly. Add prawns, shallots, celery, mushrooms, drained bean sprouts, salt and pepper; mix lightly. Heat remaining oil in electric frypan, pour in enough omelet mixture to make small omelets approximately 12 cm (5 in.) in diameter. Several can cook at the same time. When firm on one side, turn, cook other side. Stack on warm plate while cooking remainder of omelets; keep warm. Serve with sauce spooned over.

Serves 4.

Calories per serve: about 165.

SAUCE

1 cup water
2 chicken stock cubes
1 teaspoon sugar

2 tablespoons soy sauce
1 tablespoon cornflour
¼ cup cold water, extra

Combine the 1 cup water, crumbled stock cubes, sugar and soy sauce in saucepan, bring to boil. Blend cornflour with extra water, add to saucepan, mix well. Cook, stirring until mixture boils and thickens.

MIXED VEGETABLES — CHINESE STYLE



MIXED VEGETABLES, CHINESE-STYLE

1 teaspoon butter
1 onion
1 carrot
1 parsnip
3 cups shredded cabbage

1 tablespoon cold water
salt, pepper
2 tablespoons grated
cheese

Melt butter in frying pan, saute peeled, chopped onion until lightly browned. Add peeled and grated carrot and peeled, grated parsnip, cabbage, water, salt and pepper. Cover, cook over low heat, shaking pan occasionally, for 3 to 4 minutes. Add grated cheese, mix through lightly.

Serves 4.

Calories per serve: about 100.

LEMON FOAM

2 eggs, separated
½ cup sugar
½ teaspoon vanilla
⅓ cup lemon juice

¼ cup orange juice
2 teaspoons gelatine
2 tablespoons cold water

Beat egg-yolks and sugar until creamy. Add strained lemon and orange juices, mix well. Add gelatine to cold water, stand 5 minutes, dissolve over hot water; cool to lukewarm. Add gelatine and vanilla to egg mixture, stir well. Refrigerate until beginning to set, then beat until thickened slightly. Beat egg-whites until soft peaks form, fold into egg mixture. Pour into wetted mould, refrigerate until set.

Serves 4.

Calories per serve: about 100.

FISH PROVENCALE



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500 g (1 lb.) fish fillets
salt, pepper
1/3 cup lemon juice
1 clove garlic

1/4 cup chopped parsley
470 g (15 oz.) can whole
peeled tomatoes
1/4 cup dry white wine

Season fish with salt and pepper. Grill 10 to 15 minutes or until tender, brushing frequently with the lemon juice.

Combine crushed garlic, parsley, undrained, chopped tomatoes and wine in pan. Bring to boil, reduce heat, simmer until slightly thickened. Spoon over hot fish.

Serves 4.

Calories per serve: about 210.

APPLE AND PASSIONFRUIT SNOW

2 apples
1/4 cup water
2 passionfruit

1 teaspoon sugar
2 egg-whites

Peel and core apples, chop roughly. Place in saucepan with water simmer until tender. Add passionfruit pulp and sugar (if passionfruit are under-ripe, an extra teaspoon of sugar may be required; if added, allow extra 12 calories per serve); allow mixture to cool. When cold, add egg-whites, beat with rotary beater or electric mixer until thick and fluffy.

Serves 2.

Calories per serve: about 140.

LOW CALORIE ICECREAM



2 teaspoons gelatine

½ cup sugar

½ cup water

1¼ cups skim milk powder

1 litre (4 cups) skim milk

2 teaspoons vinegar

2 teaspoons vanilla

Combine gelatine, sugar and water in saucepan, stir over low heat until sugar and gelatine have dissolved; pour into large bowl. Add powdered milk, whisk until smooth, gradually beat in milk. Pour mixture into two 28 cm x 18 cm (11 in. x 7 in.) lamington tins, or into two freezer trays; freeze until almost set. Spoon mixture into large bowl; add vinegar and vanilla. Beat until thick and creamy; this can be done with an electric mixer. Pour mixture back into tins. Freeze until set.

Serves 10.

Calories per serve: about 80.

GINGER PEARS

1 cup dry ginger ale

2 slices green ginger

4 medium pears

Peel skin thinly from pears; cut pears into quarters; remove cores. Place pears, ginger ale and sliced ginger in saucepan, bring mixture to boil. Reduce heat, simmer, uncovered until pears are tender. Remove pears and ginger from saucepan, return sauce to heat and continue cooking over high heat until liquid is slightly reduced. Pour sauce over pears.

Serves 4.

Calories per serve: about 95.

Note: If low calorie ginger ale is used, calorie count will be reduced considerably.

GAZPACHO



GAZPACHO

375 g (12 oz.) ripe tomatoes

1 small cucumber

½ green pepper

2 sticks celery

1 small onion

1 clove garlic

1 chicken stock cube

470 g (15 oz.) can tomato
juice

1 tablespoon vinegar

1 tablespoon lemon juice
salt, pepper

Peel vegetables, chop finely; reserve half the tomatoes, cucumber and pepper. Put remaining vegetables in blender with garlic, stock cube, tomato juice, vinegar, lemon juice, salt and pepper. Blend 40 seconds on high speed. Pour into bowl, refrigerate.

Place reserved half of vegetables evenly into soup bowls, pour cold puree mixture on top.

Serves 6.

Calories per serve: about 30

RACK OF LAMB

8 small cutlets (see below)
 4 slices bread (approx. 5mm
 [¼ in.] thick)
 2 teaspoons dried rosemary

1 clove garlic
 1 teaspoon dry mustard
 ½ cup chopped parsley
 ⅓ cup lemon juice

Ask butcher to supply cutlets in sets of two; that is two cutlets in the one piece, giving four pairs of cutlets.

Remove crusts from bread, crumble bread into fine crumbs. Add rosemary, crushed garlic, mustard, parsley and lemon juice. Trim fat from cutlets, pat crumb mixture along back of each pair of cutlets making sure it is on firmly. Put cutlets on rack in baking dish. Bake in moderate oven 1 hour or until cutlets are cooked.

Serves 4.

Calories per serve: about 190.

CHINESE BEEF

(shown on Divider Card)

375 g (¾ lb.) oyster blade
 steak (or other tender steak)
 1 tablespoon soy sauce
 250 g (8 oz.) carrots
 2 sticks celery

1 onion
 1½ cups water
 1 chicken stock cube
 ¼ medium cabbage
 salt, pepper

Trim any excess fat from meat, cut steak into thin strips, marinate in soy sauce 20 minutes. Heat pan, add meat, cook until browned and tender. Remove from pan, drain. In separate pan, combine peeled and sliced carrots, peeled and chopped onion, sliced celery, water and crumbled stock cube. Cover, bring to boil, reduce heat, simmer until vegetables are half-cooked. Add shredded cabbage, continue cooking until vegetables are tender but still crisp. Season with salt and pepper, add meat, heat through gently.

Serves 4.

Calories per serve: about 305.

CREAM OF CARROT SOUP



500 g (1 lb.) carrots
1 onion
1¼ litres (5 cups) water
3 chicken stock cubes

salt, pepper
2 tablespoons evaporated
milk
1 tablespoon chopped
parsley

Peel and finely chop carrots and onion; place in saucepan with water and crumbled stock cube. Cover, bring to boil, reduce heat, simmer until vegetables are tender. Cool slightly, then puree in blender or push through sieve. Return to saucepan, continue cooking until liquid is reduced by about a quarter. Add salt, pepper and evaporated milk, return to boil.

Sprinkle each serving with chopped parsley.

Serves 4.

Calories per serve: about 50.

ASPARAGUS SOUP

315 g (10 oz.) can asparagus
cuts
2 chicken stock cubes
1½ cups water

salt, pepper
2 tablespoons evaporated
milk

Blend undrained asparagus in electric blender until smooth (or press asparagus with liquid through sieve.) Put asparagus in saucepan, add crumbled stock cubes, water, salt and pepper, simmer until liquid is evaporated by half. Stir in evaporated milk just before serving.

Serves 2.

Calories per serve: about 50.

SPICY LAMB CUTLETS



1 small onion
1 shallot or spring onion
185 g (6 oz.) can tomato
juice
1 teaspoon worcestershire
sauce

½ teaspoon oregano
½ teaspoon paprika
4 small lamb cutlets

Peel and finely chop onion and shallot. Add to bowl with tomato juice, worcestershire sauce, oregano and paprika. Add cutlets, marinate 1 to 2 hours. Grill cutlets until tender, brushing frequently with marinade during cooking.

Serves 2.

Calories per serve: about 150.

ZUCCHINI CREOLE

(shown on Divider Card)

500 g (1 lb.) zucchini
15 g (½ oz.) butter
½ cup chopped shallots or
spring onions

½ teaspoon salt
freshly ground black pepper
470 g (15 oz.) can whole
tomatoes

Wash zucchini, cut crosswise in diagonal slices, 5 mm (¼ in.) thick. Melt butter, add shallots, saute over low heat 3 minutes. Add zucchini, salt and pepper, mix lightly. Cook covered, over very low heat, 5 to 10 minutes until zucchini are just tender. Add drained, chopped tomatoes, toss together to combine; cook, covered 1 minute until mixture is heated through.

Serves 6.

Calories per serve: about 55.

HEARTY BEEF STEW



HEARTY BEEF STEW

500 g (1 lb.) chuck steak
2 sticks celery
1 large onion
1 teaspoon salt
pepper
½ teaspoon marjoram

1¼ litres (5 cups) water
2 tablespoons tomato paste
6 small onions
500 g (1 lb.) small carrots
¼ cup chopped parsley

Remove all fat from meat, cut meat into 2.5 cm (1 in.) cubes.

Heat pan, rub over some of the fat cut from meat to grease the surface lightly. Add meat, brown well. Add chopped celery, chopped onion, salt, pepper, marjoram, water and tomato paste.

Bring to boil, reduce heat, simmer, covered, 1½ hours or until meat is tender. Add peeled whole onions and peeled carrots (cut in diagonal slices, if large); cover and simmer further 15 minutes or until vegetables are tender. Add parsley.

Serves 4.

Calories per serve: about 375.

TUNA & BEAN SPROUT SALAD



TUNA AND BEAN SPROUT SALAD

250 g (8 oz.) can chunk style
tuna
250 g (8 oz.) can bean
sprouts
6 radishes
1 stick celery

2 shallots
1 small green pepper
1 small red pepper
1 small cucumber
2 tablespoons chopped
parsley

Drain tuna and bean sprouts. Slice radishes, shallots, celery and cucumber. Chop peppers. Combine bean sprouts and vegetables, add dressing, toss lightly. Mix tuna through carefully. Refrigerate. Sprinkle with parsley.

Serves 4

Calories per serve: about 155.

DRESSING

3 tablespoons lemon juice
1 tablespoon worcestershire
sauce
1 tablespoon chopped capers

½ teaspoon dry mustard
1 tablespoon chopped
onion
salt, pepper

Place all ingredients in screwtop jar, shake well.

CURRIED LAMB CUTLETS



CURRIED LAMB CUTLETS

8 small lamb cutlets
 ½ teaspoon butter
 1 onion
 2 teaspoons curry powder
 2 medium carrots

1 cup shredded cabbage
 2 sticks celery
 2 cups water
 salt, pepper

Grill cutlets under medium heat 5 minutes each side to remove fat; drain well. Melt butter, saute peeled and chopped onion and curry powder 5 minutes. Peel and slice carrots, add to pan with cabbage and chopped celery. Add cutlets and water, season with salt and pepper. Cover, simmer gently 1 hour.

Serves 4.

Calories per serve: about 200.

GARLIC LEMON CHICKEN

4 chicken pieces (1.25 kg
 [2½ lb.] overall weight)
 1 teaspoon paprika
 1 clove garlic
 2 teaspoons soy sauce

¼ cup lemon juice
 2 teaspoons grated lemon
 rind
 salt, pepper

Put chicken pieces on large sheet of aluminium foil. Combine crushed garlic with remaining ingredients, brush over chicken pieces. Wrap chicken tightly in the foil. Place in baking dish. Bake in moderate oven 40 minutes or until chicken is tender.

Serves 4.

Calories per serve: about 280.

CHICKEN WITH VEGETABLES



CHICKEN WITH VEGETABLES

2 250 g (8 oz.) chicken
breasts

1 cup unsweetened pineapple
juice

2 cups water

2 chicken stock cubes

1 green pepper

1 onion

2 sticks celery

2 medium carrots

2 teaspoons soy sauce

salt, pepper

1 tablespoon cornflour

Cut chicken breasts in half, giving 4 separate pieces. Combine pineapple juice, water and crumbled stock cubes in saucepan. Add chicken breasts. Cover, bring to boil, reduce heat; simmer 20 minutes or until chicken is tender. Remove chicken from pan.

Add chopped pepper, peeled and quartered onion, chopped celery and peeled and chopped carrots to saucepan. Bring to boil, reduce heat, simmer until vegetables are tender.

Remove vegetables from pan. Blend cornflour with a little of the liquid from pan, add to pan, stir over heat until sauce boils and thickens. Add chicken, vegetables, soy sauce, salt, and pepper; heat thoroughly.

Serves 4.

Calories per serve: about 315.

COLESLAW WITH BACON DRESSING



COLESLAW WITH BACON DRESSING

1 small cabbage

4 rashers bacon

1 onion

¼ cup low calorie french
dressing

2 tablespoons vinegar

1 teaspoon celery seeds

½ teaspoon sugar

1 teaspoon salt

1 green pepper

½ red pepper

Cut bacon rashers into small pieces; cook in heated pan with finely-chopped onion until onion has softened; drain off any fat. Stir in french dressing, vinegar, sugar, celery seed and salt.

Combine shredded cabbage and chopped peppers in bowl, mix well. Pour over dressing, mix lightly. Serve at once or chill and serve cold.

Serves 6.

Calories per serve: about 65.

LOW CALORIE FRENCH DRESSING

1 teaspoon gelatine

2 teaspoons cold water

¼ cup hot water

¾ teaspoon salt

3 tablespoons lemon juice

pinch pepper

pinch dry mustard

½ clove crushed garlic

1 teaspoon finely-chopped
onion

1 teaspoon sugar

Soften gelatine in cold water, add hot water, stir to dissolve gelatine; cool. Combine lemon juice, salt, pepper, mustard, garlic, onion and sugar. Add to gelatine, pour mixture into a screw-top jar, shake well; refrigerate. Remove from refrigerator and leave at room temperature for at least 1 hour before serving. Shake well again.

Makes about 1 cup dressing.

Calories: about 25.